

INJURY PREVENTION TRAINING

CADRE AND TRAINEES

Top Recommendations for Training (Tasks & POCs)

- Establish an IET CALL Forum (publications and web based). Link with an injury prevention web page. (TRADOC, CHPPM)
- Revise the Drill Sergeant MFT Curriculum to be battle focused & hands-on for IET environment. (APFS)
- Incorporate IET Injury Prevention Training into all POIs for PCC, CTC, DS School, and any cadre level school. (TRADOC)
- Review and update FM 21-20 to include injury prevention. (APFS/TRADOC)

Top recommendations for training, cont.

- Establish standardized database for IET Commanders providing a feedback mechanism. (TRADOC/MEDCOM consultants-MRMC, CHPPM)
- Establish Quality Assurance Teams at post level to evaluate training (similar to APFS Fitness teams). (APFS/TRADDOC)
- Involve medical personnel in training (physical therapist, athletic trainer, exercise physiology) (TRADOC/Fitness School/Medical).
- Establish MOS based PT in AIT. (TRADOC/Branch specific/USARIEM/Fitness School)
- Establish injury prevention training, education, and physical fitness conditioning at the Reception Battalion. (TRADOC)

Background Information, including

- What is
- What we'd like to see
- Goals
- Tasks (already covered)

Current Cadre Training Forums

- Training schools: DS school, NCOS, CTC, MFT, CBT Lifesaver
- Leadership Development Class Topics: safety/accident prevention, identifying soldiers with injuries, sequencing training schedules, personal hygiene classes, mental health, diet

Recommended Cadre Forums

- Injury prevention training at all schools, medical/fitness staff consulting/assisting (physical therapy, certified athletic trainer, etc.)
- Battle-focused physical training as a part of the MFT education in Drill Sergeant School
- Continuous injury prevention training during LPD's

Current Guidelines

- FM 21-20
- “Red Book” at Ft Jackson for profile PT
- Master Fitness Trainer Guidance
- Feedback from medical personnel, ie PTRP outbrief and individual unit interaction with physical therapy

Recommendations for Guidelines

- Update FM 21-20
 - Alternate methods in PT Training
 - Focus PT on MOS Specific Tasks in ALT
- Supply “Red Book” or similar written guidance in all IET units
- Incorporate a CALL or IET and Joint Services on updated injury prevention information

Recommended Guidelines (cont.)

- Keep IET informed of any changes to fitness requirements in the field environment - MOS specific
- Incorporate fitness experts into all IET posts, ie physical therapists, athletic trainers, exercise physiologists

Current Trainee Forums for Injury Prevention Education

- Recruiting instruction: video of physical fitness training
- Reception instruction: shoe fitting, sock fitting, blister prevention, fitness and nutrition classes

Current Trainee Forums (cont.)

- BCT/AIT instruction: TSP (3 hours of instructional PT training), hot/cold weather, safety/risk assessment, mental health guidance, diet, personal hygiene, athletic clothing
- FTU at Ft Jackson
- “Profile/special population PT”

Recommendations for Trainee Injury Prevention Education

- Reception Battalion: Conduct one week of pre-conditioning and injury prevention education
- BCT/AIT: quality assurance fitness team to monitor all types of training and make recommendations, environmentally sound training (weather, safety of running surfaces, facilities), maintain injury prevention awareness throughout EIT

Trainee Education (cont.)

- AIT: Battle-focused physical training to ensure meeting requirements of MOS
- Medical Personnel establish positive profiles for injured soldiers for “special population PT” cadre to follow

Goals

- Reduce injuries, maintain fitness, and enhance performance through:
 - Properly training cadre in injury awareness & prevention
 - Involving medical community in training
 - Defining “fitness” in performance terms (able to do their jobs)

Goals, cont.

- Maintaining “State of the Art” programs
- Providing up-to-date information to IET community
- Introducing injury prevention (as well as performance) in reception and maintaining the theme throughout IET